

Staying Calm in the Storm:

How to feel empowered when our community experiences tragedy



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My story



What is grief?



Grief is the powerful, multifaceted and natural response that we experience after loss.

What might grief look like?





The grief story

What is the story I am telling myself about this loss?

How did the maladaptive story come about?



Unresolved past grief or trauma

Guilt

Delayed grief

Ambiguous or invalidated loss

Compounded losses

How do I navigate?



Practice bringing awareness to your mental emotional and spiritual health.

How do I navigate?



Practice self-compassion

Supporting our children





Supporting our children

Stay curious – validate and do not dismiss



Supporting our children

Give them time to open up.

Supporting our children



Be age appropriate.

Younger – brief messages “look for the helpers”, highlight safety

Older – more in depth, engage facts, highlight their empowerment



Supporting our children

Limit Media exposure.



Supporting our children

Model healthy behavior.



Supporting our children

Engage community.



Supporting our children

Encourage normalcy.

Professional support?



Consider professional support if you a child or anyone you know

Doesn't seem to care about anything anymore.

Is uncharacteristically sad, irritable, short-tempered, critical, or moody.

Frequently complains of aches and pains such as headaches, stomach problems, and back pain.

Drinks more or abuses drugs, including prescription sleeping pills and painkillers.

Has lost interest in pleasurable activities.

Talks about feeling “helpless” or “hopeless.”

Expresses a bleak or negative outlook on life.

Self-care



There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself.”

~Brian Andreas



A friendly reminder...

<https://www.youtube.com/watch?v=F9OqyUuCY0s>

Contact me



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